



McINTOSH

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Times



Winners of the Design Award, this Win-E-Mac robotics team will be making its way to the State Competition held in St. Cloud on February 1st and 2nd.



Win-E-Mac had a record number of Robotics teams this year, and they hosted a Robotics Tournament at Win-E-Mac on Friday, January 4th. Schools from around the area came to compete on the road to the State tournament held in St. Cloud in February.

Van Den Einde of Winger is a candidate for Ag-Arama Royalty

The University of Minnesota Crookston (UMN Crookston) will host the 44th annual Ag Arama on Saturday, January 26, 2019. The theme this year is "Caught up in the Country".

Contests in agronomy, agricultural business, and photography will take place along with an animal showmanship competition throughout the morning.

These events serve as an opportunity for students to showcase their knowledge and skills while giving them a chance to interact with alumni and faculty members. Concluding the competitions will be the coronation of the 2019 Ag Arama Royalty.

An alumni social will be held in the evening at I.C. Muggs. Ending the 2019 Ag Arama festivities, is a dance with live music performed by Jacked Up at the Crookston Eagles Club. Everyone is invited to enjoy the day and support UMN Crookston.

As a royalty candidate, one must participate in an event, prepare an essay and resume, and partake in an interview. They are scored in each of those categories along with a student body vote to determine the royal court.

The students also answer a series of questions to help showcase their interest and experience in agriculture, along with some not-so-serious questions:

Jordan Van Den Einde, Class of 2021, Winger, MN.

Candidate's parents are Amy and Scott Van Den Einde

Questions and Answers

What do you like to do in your spare time? Hunt and Ice fish.

What is your agricultural background or experience? Help my two uncles run



Jordan Van Den Einde

their farm when they need it. Worked for a neighbor grain farmer and a dairy farmer too.

What is your dream job? Farm.

If there could be only one crop grown in the U.S., what should it be and why? Corn, everyone uses corn some way or another.

MDA reminds farmers of State resources during Federal shutdown

Federal Farm Service Agency offices to open for limited time.

As part of the Walz-Flanagan administration's action plan to protect Minnesotans during the federal government shutdown, Minnesota farmers who are experiencing setbacks due to the shutdown are encouraged to seek assistance from the Minnesota Department of Agriculture (MDA). While the USDA did announce today that Farm Service Agency (FSA) Offices will temporarily reopen January 18, 19, and 22, some farmers may still be in need of additional resources heading into the spring planting season.

"I'm pleased that the FSA

offices will reopen for a few days to help farmers get their existing loans processed," said Minnesota Agriculture Commissioner Thom Petersen. "FSA is an important federal partner and provides critical services to farmers. My understanding is that the FSA staff will be available to assist farmers with existing farm loans."

Petersen encourages Minnesota farmers to contact their local FSA office immediately during this temporary reopening. He also reminds farmers who may be in need of financial assistance or other resources to consider these programs offered by the MDA:

- Rural Finance Authority low interest loan programs.

Contact Ryan Roles at 651-201-6666, or visit www.mda.state.mn.us/agfinance

- Farm Advocate Program for farmers needing one-on-one financial advice or other assistance. Contact Matt McDevitt at 651-201-6311, or visit www.mda.state.mn.us/farmadvocates.
- Farm and Rural Helpline for farmers and their families that are coping with stress. Call 833-600-2670, or visit www.mda.state.mn.us/about/mnfarmerstress.



Advice for novice or experienced blood donors

Unlike other marvels of modern medicine, quality blood is an important health component that cannot be created synthetically.

Blood shortages continue to plague medical establishments across the globe. For those who require transfusions, blood from volunteer donors can be the difference between life and death.

However, many people are apprehensive about donating blood because of their own unique fears of the unknown or from past poor experiences with the process.

With a little knowledge and some preparation, donating blood can be made much

easier.

Confirming donors' health

One of the first steps to donating blood is to determine donors' eligibility.

Potential donors undergo a short health screening and are asked various questions to determine their eligibility.

The presence of certain illnesses or other disqualifications helps ensure that the blood will be healthy and that the blood drawn will not have a negative effect on the donor.

The American Red Cross states that potential donors will undergo a pin prick on the finger to test for iron levels in their blood. This is to ensure



Community Calendar

Wed. Jan. 23: McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Jan. 24: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Jan. 25: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Jan. 28: McIntosh Library 10am to 3pm; Children's Story Time at McIntosh Library 10:30am; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tue Jan. 29: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Wed. Jan. 30: **McIntosh Blood Drive @ Community Center;** McIntosh Library 12pm to 5pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Thurs. Jan. 31: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Fri. Feb. 1: McIntosh Library 12pm to 5pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

Mon. Feb. 4: Winger Senior Meals @ Moran's 11:30am to 1:30pm

Tue Feb. 5: Library 4pm to 7pm; McIntosh Heritage & Arts Center 10am to 2pm; Winger Senior Meals @ Moran's 11:30am to 1:30pm

that donors will not be made anemic from giving blood.

Frequency of donation, weight and age also will be considered before prospective donors are allowed to donate blood.

Many organizations urge prospective donors to avoid giving blood if they have had simple dental work done within 24 hours or major dental work in the past month. Dental work in general can dislodge bacteria, which can get into the blood stream and cause systemic infection.

Preparing to donate

Potential donors are urged to eat a healthy diet full of iron-rich foods.

It is advisable to drink an extra 16 ounces of water or a nonalcoholic fluid prior to donating. A healthy, low-fat meal prior to donating also is recommended, as the Red Cross says fatty foods can adversely affect blood tests that check for infectious diseases, and the blood may not be used as a result.

Needles are no big deal

According to Justin Kreuter, MD, medical director of the Mayo Clinic Blood Donor Center in Rochester, Minnesota, while the needles used to col-

Donors...

Continued on page 4...



Attention: City of McIntosh pet owners

The 2019 pet license tags are available, at the City Clerk's office, for all residents living in the city limits. \$5.00 per dog and \$2.00 per cat.

Organize and declutter room-by-room

Getting organized is a popular New Year's resolution.

Clutter can be a major source of stress that affects how individuals feel about their spaces. Psychology Today indicates messy homes and work spaces can contribute to feelings of helplessness, anxiety and overwhelming stress. Clutter bombards the mind with excessive stimuli, makes it more difficult to relax and can constantly signal to the brain that work is never done.

Tackling messes no matter where they are lurking is not a one-time project. Much like losing weight and getting healthy, clearing a home of clutter requires dedication and lifestyle changes. With these organizational tips and tricks, anyone can work through their home room-by-room and conquer clutter.

Find a place for everything

Clutter creeps up as people accumulate possessions over the years. Over time, failure to regularly go through belongings and thin the herd can lead to the accumulation of clutter. But clutter also can accumulate if people fail to find a place to put items. Racks for garages, organizational systems for closets and furniture with storage capacity, such as storage ottomans, are some storage solutions that can help people find a place for their possessions.



Utilize vertical space when possible

Getting items up and off the floor can maximize square footage in a home. Bookshelves, hanging wall shelves, hooks, cabinetry, built-ins, and other storage solutions that rely on walls and ceilings are simple and effective storage solutions. Unused space behind cabinet or closet doors are some additional places to store belongings. Hang razors or toothbrushes on medicine cabinet walls and curling irons and other hair tools on the interior of cabinet doors in bathrooms.

Create a coding system

Home offices can be some of the more disorganized rooms in a house simply due to the volume of electronics and paperwork within them. HGTV suggests using a color-coded system for important files to keep them organized. Label

important items, whether they're paper or digital files, in accordance with your system.

Put it away

When you finish using an item, return it to its storage location. This eliminates piles of belongings strewn around the house - and hunting and pecking for missing things. If you can't put it away immediately, have a few baskets on hand labeled for the different rooms in the house. Pop the items in the requisite baskets and then routinely take each basket around the house to return the items.

Investing in custom cabinetry and organizational systems also can help people organize their belongings.

Tackle rooms such as the garage, basements, bedroom closets, and pantries, or those areas that tend to accumulate clutter the fastest.

Strategies to control appetite

Hunger can be a formidable foe, especially for people attempting to lose weight. When hunger strikes, various appetite-control strategies can help people avoid overeating or eating during those times when boredom is more to blame than an empty belly.

Eat slowly.

When a person eats, a series of signals are sent to the brain from digestive hormones secreted by the gastrointestinal tract.

These signals produce a feeling of pleasure and satiety in the brain, but it can take awhile for the brain to receive them.

By chewing slowly, people can give the signals more time to reach their brains, potentially preventing them from overeating.

Choose the right snacks.

The right snacks can make it easier to eat more slowly. Instead of reaching for potato chips or pretzels, both of which can be eaten quickly and picked up by the handful, choose snacks that are both healthy and require a little work.

Carrots dipped in hummus or baked tortilla chips with low-fat salsa or bean dip are low-calorie snacks that also require some work between bites.

The time it takes to dip between bites affords more time

for the digestive tract to release signals to the brain that you're full.

Reach for fiber first.

Another way to conquer hunger without overeating is to reach for fiber before eating other parts of your meal. Vegetables are rich in fiber, but since veggies are often served as side dishes, many people tend to eat them only after they've eaten their main courses.

That can contribute to overeating. Fiber fills you up, so by eating the high-fiber portions of your meal first, you're less likely to overeat before your brain receives the signals that your stomach is full.

Consider eating vegetables as an appetizer or, if the entire meal is served at once, clear your plate of vegetables before diving into the main course or other side dishes.

Drink water.

Perhaps the best, and least expensive, way to control appetite and ensure you don't overeat is to drink more water. A 2010 study funded by the Institute for Public Health and Water Research that included 48 adults between the ages of 55 and 75 found that people who drank two eight-ounce glasses of water right before a meal consumed 75 to 90 fewer calories during the ensuing meal than study participants who did not consume water prior to their meals.

first day. We went across the Red River on the ferry. The cows got kind of excited and one went through the rope and dived into the river and swam back and I nearly went along, but I grabbed ahold of a rope and hung on. (They got the cow back) The next day we went to Fertile and stopped overnight. The third day we went to Winger and stayed overnight and the fourth day we went to our farm east of McIntosh.

We farmed with horses and at first used a walking plow; walking behind the plow all day.

When we harrowed, we had to walk behind the drag in the dust. We cleared the land with an axe and a pick axe."

Julius Aaseng passed away May 16, 1983.

Source: *The Centennial History of the Thirteen Towns.*

Sen. Johnson encourages nominations for 2019 MN Woman Veteran of the Year

The Minnesota Women Veterans Initiative is now accepting applications for its annual Minnesota Woman Veteran of the Year Award. Residents of Kittson, Marshall, Pennington, Polk, Red Lake, and Roseau counties are invited to nominate outstanding female veterans who have honorably served in the United States Military and have displayed leadership within their civilian community.

"This is a great opportunity to acknowledge mothers, daughters, sisters, friends, and neighbors for their sacrifices during the course of their service in our nation's military forces," said Senator Mark Johnson (R-East Grand Forks). "I hope that members of our community will take the time to recognize the commitment of these outstanding service women in Senate District 1 and nominate them to receive this award."

The Women Veterans Initiative's mission is to improve the lives and well-being of women who have served in the military through access and innovative programs and services.

Submissions are due February

28. The nomination form can be found at https://mn.gov/mdva/assets/2019-02-23-nomination-form_tcm1066-363150.pdf

The award will be presented at the 2019 Minnesota Department of Veterans Affairs Women Veterans Conference at the YMCA Maplewood Community Center on March 23.

Details on the application process:

- Anyone may nominate a Minnesota resident female veteran.

- Submissions from Minnesota veterans, Veteran Service Organizations (VSOs), County Veterans Service Officers (CVSOs) or veterans groups are encouraged and welcomed.

- Nomination forms must include the nominee's general information along with a narrative explaining why the veteran is being nominated for the award. Nominations not selected may be retained for future award consideration.

- Nominations may be forwarded to womenveteransinitiative@gmail.com OR mailed to Women Veterans Initiative, Minnesota Humanities Center, 987 Ivy Avenue East, St. Paul, MN 55106.

Legacy Grants up to \$10,000 & Project Grants up to \$3,000

Applications are open for Arts Project Grants and Arts Legacy Grants.

Grants are awarded to nonprofit arts organizations, communities, schools, individuals and other nonprofit organizations.

Applications are being accepted from our seven county Minnesota service area including Kittson, Marshall, Norman, Pennington, Polk, Red Lake and Roseau counties. The deadline to apply is March 1.

Arts Legacy Grants is a main category for funding artistic activity within the seven-county service region.

Funding can be used for Arts Projects, Arts Equipment, General Support, Public Art Projects and Arts Events in northwest Minnesota. These grants are up to \$10,000 with a required cash match.

Arts Project Grants are used primarily for small budget arts

projects and the sponsorship of performances of touring companies and artists.

These grants are a maximum of \$3,000.00 with a required cash match.

Applications funded through these two very important grant opportunities include festivals, community theatre projects, folk music entertainment, sponsorship of visual demonstrations, creative writing workshops and many other activities that improve the quality of life of people in our communities.

To learn more about these grant programs and start an application visit www.NorthwestMinnesotaArtsCouncil.org.

The grant application process is completely online and NWMAC's Executive Director Mara Hanel can help walk you through the process of using the grants portal to get accustomed to it.

Please contact her at mara@nwrdc.org or call 218-745-9111.



Community Birthday and Anniversary Calendar

Thurs. Jan. 24:

Angela Lindseth

Fri. Jan. 25:

*Tom & Eileen Hegg

Sat. Jan. 26: Cindy Ostenaar

Sun. Jan. 27: Aaliyah Jackson, Ella Langemo, Krystal Haugen

Mon. Jan. 28:

Shirley Carver, JoAnn Anderson, Robert Landsverk, Gloria Patenteau

Tues. Jan. 29:

Roman Shultz, Rachell Finseth, Ruth Bartz, *Wes & Debbie Kaupang



ST. MARY'S CHURCH
Fosston
Fr. John Suvakeen,
Pastor

Sun. Jan. 27: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

Sun. Feb. 3: 8:00am Confession; 8:30am Mass at St. Mary's, Fosston; 10:30am Mass at St. Joseph's, Bagley

If you have any questions please call 435-6484.

CALVARY-IMMANUEL
LUTHERAN PARISH
Winger/Bejou
Supply Pastor
Gordon Syverson

Sun. Jan. 27: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

Sun. Feb. 3: 8:30am Worship at Immanuel; 9:45am Worship at Calvary

OURS SAVIOR'S
LUTHERAN CHURCH
(ELCA)
McIntosh
Supply Pastor
Gordon Syverson

Sun. Jan. 27: 11:15am Worship Service.

Sun. Feb. 3: 11:15am Worship Service.

GOSEN LUTHERAN
CHURCH
Independent
Gary Johnson, Pastor
www.gosen-church.com
Face Book: Gosen Church

Wed. Jan. 23: 7:00pm Bible Study at Don and Sharon Ramberg's

Sun. Jan. 27: 9:30 a.m. Sunday School and Adult Bible Study; 11:00 a.m. Worship Service

Tues. Jan. 29: 10:00 a.m. Sunday worship service telecast on GVTV--30; 1:30 p.m. Bible Study at The Country Place

Wed. Jan. 30: 7:00pm Bible Study at Don and Sharon Ramberg's

For information on free rides to any of the above activities call 218-268-4242 or 218-687-3461 Gosen Church is located 4 miles south of the junctions of Hwy. 2 & 59 or 4 miles north of Winger; then ½ mile east on County Road 206.

MCINTOSH AFLC
McIntosh Trinity / Mount Carmel:

Pastor Karl Anderson

Wed. Jan. 23: 7:30pm Bible Study at Mt. Carmel

Thurs. Jan. 24: 7:00am Men's Breakfast at Mt. Carmel

Sun. Jan. 27: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

Wed. Jan. 30: 7:30pm Bible Study at Mt. Carmel

Thurs. Jan. 31: 7:00am Men's Breakfast at Mt. Carmel

Sun. Feb. 3: 9:30am Worship at Trinity; 9:45am Sunday School for all ages at Mt. Carmel; 10:45am Sunday School for all ages at Trinity; 11:00am Worship at Mt. Carmel

VERNES LUTHERAN
CHURCH (LCMC)
McIntosh

Pastor Jill Torgerson

Sun. Jan. 27: 9am Worship

Sun. Feb. 3: 9am Worship

DOVRE

FREE LUTHERAN

Pastor Don Edlunds

Wed. Jan. 23: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Jan. 27: 10:00am Worship Service and Children's Sunday School

Wed. Jan. 30: 7:00pm Bible Study on Romans Everyone Welcome

Sun. Feb. 3: 10:00am Worship Service, Adult and Children's Sunday School

IMMANUEL LUTHERAN
CHURCH
McIntosh

Pastor Bruce Blocker,

Sun. Jan. 27: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

Sun. Feb. 3: 9:00am Worship; 10:00 Fellowship Hour; 10:15am Sunday School

RODNES LUTHERAN
CHURCH
Erskine

Pastor Joel Smeby

Wed. Jan. 23: 10:00am Bible Study at Crossroads; 7:00pm Bible Study at Rodnes

Thurs. Jan. 24: 4:00pm Confirmation Class

Sat. Jan. 26: 8:00am Men's Prayer Group

Sun. Jan. 27: 10:00am Worship

Holy Communion 1st Sunday of every month. Visit us on Facebook at RodnesLutheran.

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McINTOSH Times

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"Serving the Win-E-Mac area"

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New Year's resolution: Do away with ice dams

Winter in Minnesota is also the season for ice dams.

If your home's roof has developed these frozen out-growths in past winters, then the new year may be a good time to make a resolution to take action to save yourself from costly home repairs.

To help you conserve energy in your home and prevent ice dams, the Minnesota Commerce Department offers these tips.

What causes ice dams

Ice dams are not caused by roofing, ventilation or gutter problems, as often believed. The real problem is a home that is leaking warm air.

Due to inadequate air sealing, heat from the home's interior gets into the attic and melts the underside of the snow on the roof.

The melted snow water flows down the roof surface until reaching a cold spot such as the eaves or soffit, where it refreezes and forms an ice dam.

Over time, especially with a snow-covered roof in subfreezing temperatures, more ice can build up. Eventually, water starts seeping into the home.

The result? Dislodged roof shingles, sagging gutters, water-soaked insulation, stained ceilings, peeling paint, damaged plaster and even mold or structural damage to the home.

How to prevent ice dams

Because the primary cause of ice dams is air leaking from the attic, the best way to prevent them is to seal leaks with caulking or expanding spray foam, with attic insulation installed to a minimum of R-50 as space allows.

An advanced home energy assessment, or audit, is your first step to preventing ice dams and making your home more energy efficient.

The assessment will use equipment such as an infrared camera to identify attic air leaks and what needs to be done to seal them.

A home energy audit can



be arranged through your local utility, a nonprofit energy group or an HVAC professional.

Once problem areas are detected, get bids from at least two licensed contractors to have the work done.

What to do, and not do, if you have ice dams

If you need to remove an ice dam on your home, the safest and most effective action is to hire a professional ice dam removal company that uses steamers.

There are also some things you should not do.

- Do not install heating cables**, which shorten the life of your roof and cost money to operate.

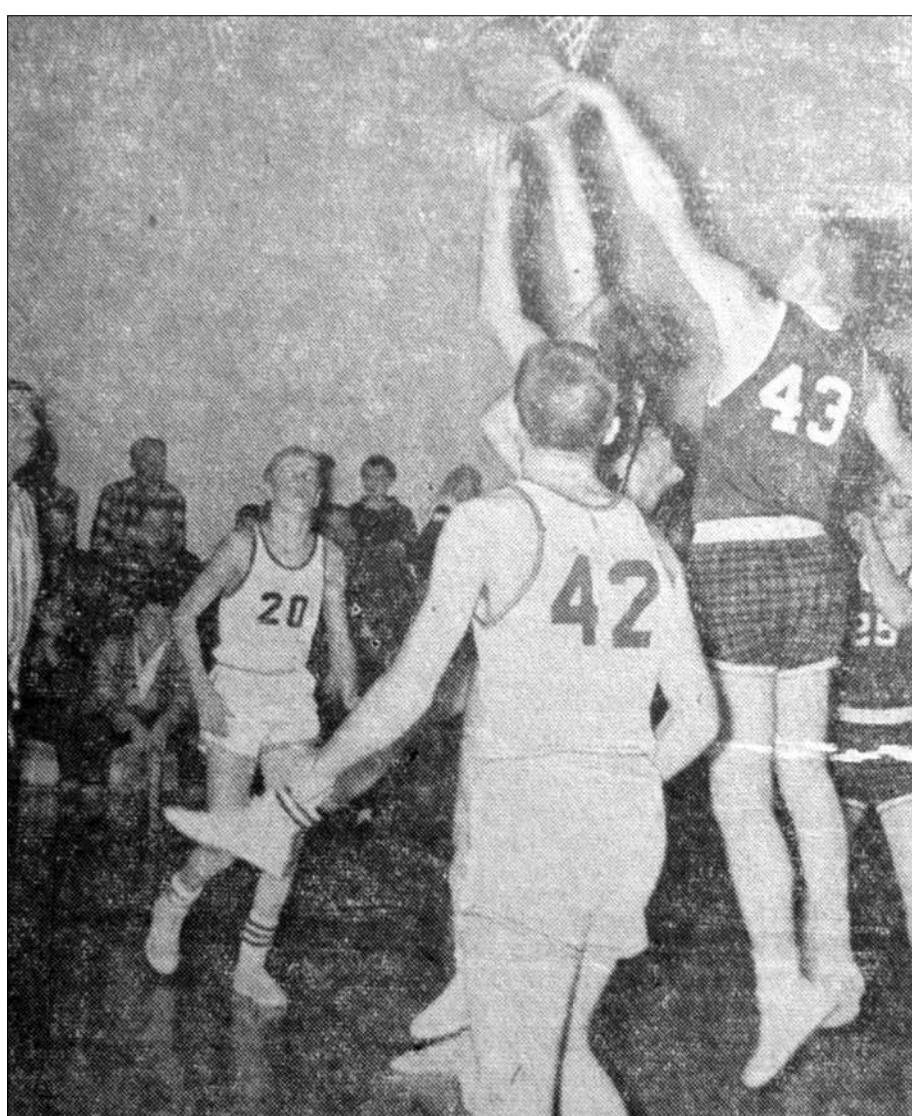
- Do not remove ice with chippers, chemicals or heat**, which can damage shingles, gutters and other building components.

- Do not add roof vents, including powered vents**, which will not eliminate ice dams and often make the problem worse.

- To stop ice dams**, the best course of action is to attack the root cause, the attic air leaks. Sealing these leaks will help

stop ice dams, prevent costly home damage and save on your energy bill.

For more information on preventing ice dams, sealing air leaks and adding insulation, check out the Minnesota Commerce Department's Home Energy Guide (pages 8-20) at mn.gov/commerce-stat/pdfs/home-energy-guide.pdf

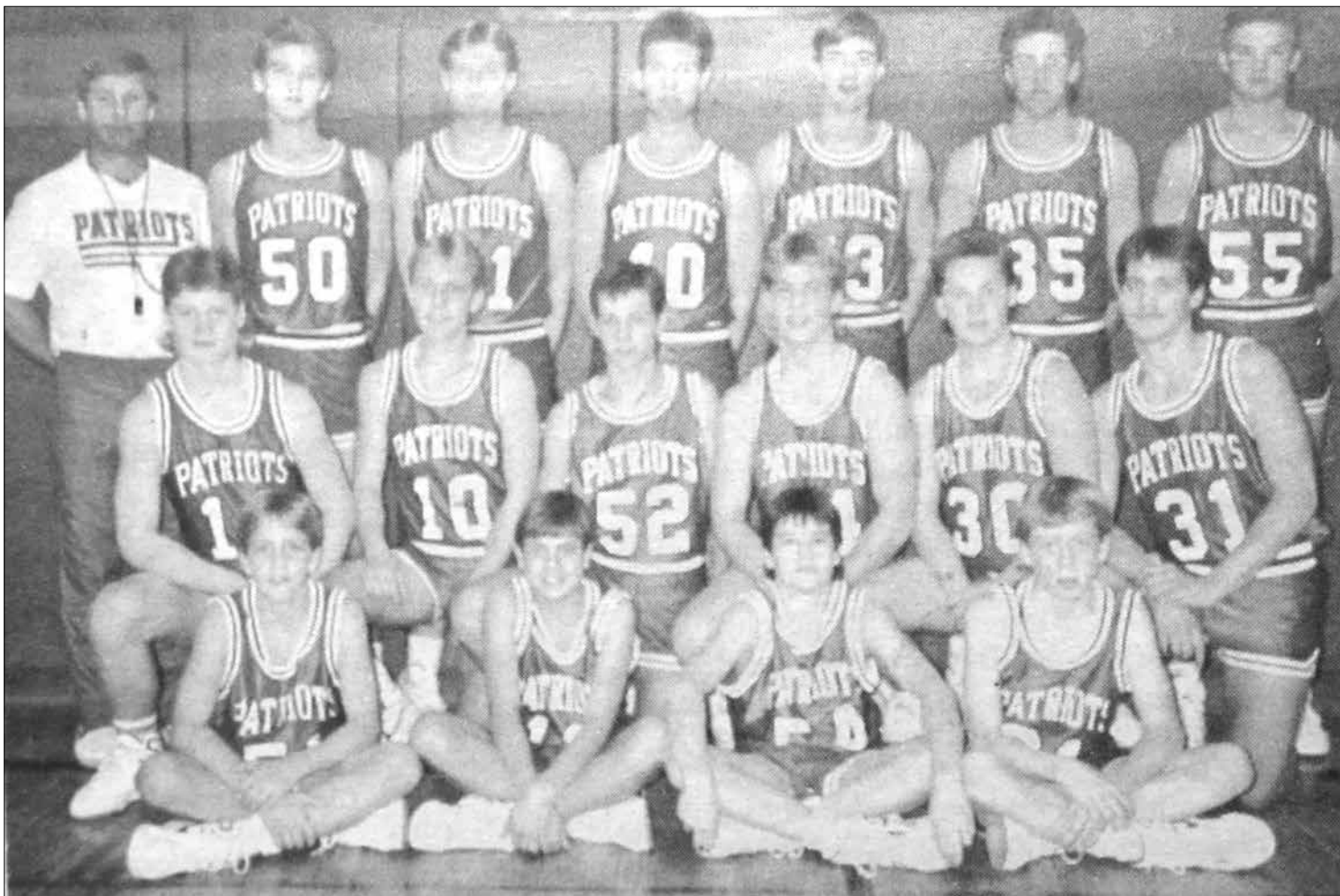
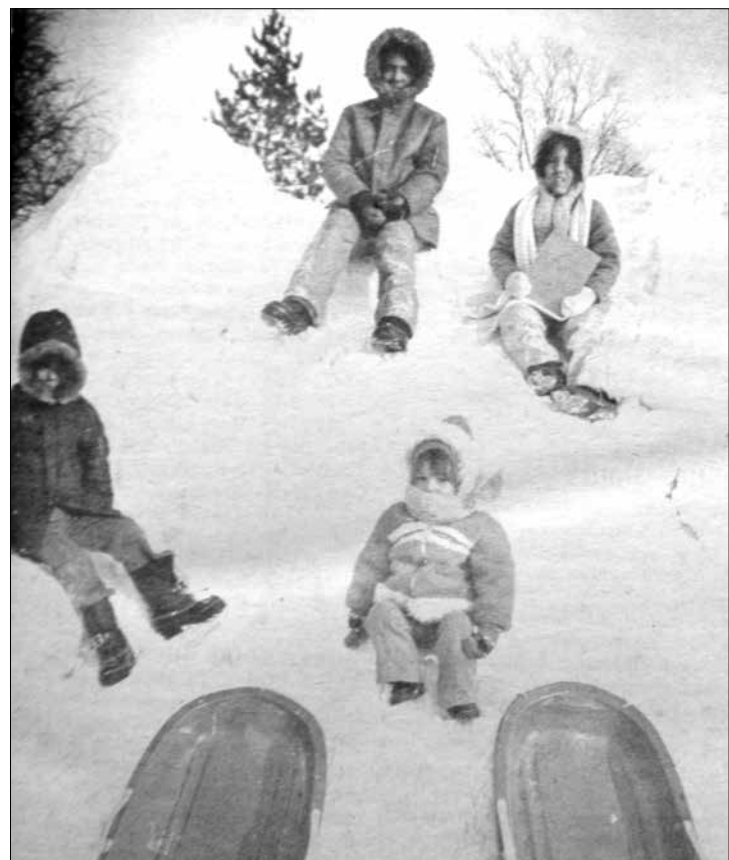


60 years ago...1959: Gary Jallen (43) of the McIntosh Scots attempts to block a shot by Mahnomen's Doug Urrin in a game won by the Indians, 65-50. Other players in the photo are Dave Buchholz (20), Marvin Schlick (42) and Ken Johnson (25) of McIntosh.



50 years ago...1969: The Espeseths at Winger have been collecting quite an array of trophies by participating in snowmobile races. Most of the trophies have been won by Kent, however, here are Arnold and Kenneth with their contributions to the collection. The display may be seen in the Espeseth store in Winger where they are also dealers of snowmobiles.

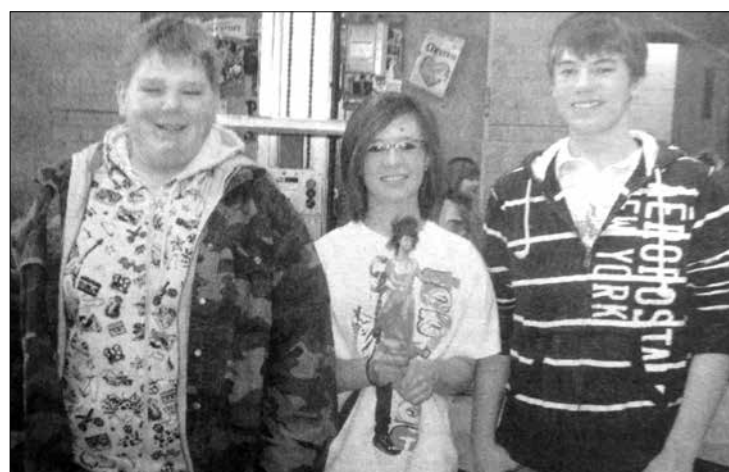
(Right) 40 years ago...1979: The Rivera triplets, Martin, Melanie and Marlene slide on their new Christmas sleds on the slopes of McIntosh.



30 years ago...1989: 1988-1989 Win-E-Mac Patriots boys basketball team: (back, l-r) Mike Roysland-Coach, Jeff Oseth, Chad Galland, Tom Wood, Jesse Bradley, Chris Rock, Tom Hegg, Coach. (Kneeling, l-r) Eric Roed mgr., Mark Strom, Cory Simonson, Chad Hoeft, Joe DiMaggio, Curt Olson, David Uttini, Matt Theis, Mgr.



20 years ago...1999: Lee and Sherry Hoaas enjoyed their taco salad at the Win-E-Mac school on Friday evening. The Taco Supper was a fundraising effort of the Spanish class at Win-E-Mac.



10 years ago...2009: The Barbie Bungee winners from hour 2 are (l-r) Cody Olson, Ashley Spry, and Kain Schow.



Benefit

Loren Gieseke

Loren Gieseke has been a long time resident of the community and unfortunately suffered a stroke in October 2018 with significant bleeding on his brain.

This resulted in emergency brain surgery and a prolonged coma. Loren con-

tinues to make great strides in his recovery. He is currently undergoing Speech, Occupational, and Physical Therapies. His progress has been very quick and he is meeting his goals. Loren returned home in January and will have continued therapies. Money raised will be of great use for medical expenses as well as the expenses associated with returning home.

Sunday, January 27, 2019 from 10:00 am to 1:00pm, please join the Winger Lions at the Winger Community Center for a pancake breakfast with a free will offering for Loren.

Everyone is welcome.

This event is sponsored by the Winger Lions Club.

NOTICE OF APPLICATION BY ULTIMA BANK MINNESOTA WINGER, MINNESOTA TO ESTABLISH A DETACHED FACILITY/BRANCH IN EAST GRAND FORKS, MINNESOTA

State Application No. 1420
Notice is hereby given that Ultima Bank Minnesota, Winger, Minnesota has made application to the Minnesota Commissioner of Commerce and to the Federal Deposit Insurance Corporation for consent to establish a detached facility/branch at 205 Demers Avenue, East Grand Forks, Polk County, Minnesota 56721. The application was accepted on January 9, 2019 with the Minnesota Department of Commerce, pursuant to Minn. Stat. §§ 47.51 to 47.57.

This notice is being published in the Exponent, East Grand Forks, MN on 1-23-19 and in the McIntosh Times, McIntosh, MN on 1-23-19.

Any person, bank, or other financial institution has a right to file written communication in favor of or against the application described above. Written comments will become a part of the public record on the application.

They should be addressed to:
Maxwell Zappia,
Deputy Commissioner
Minnesota Department of
Commerce
Division of Financial Institutions
85 7th Place East, Suite 280
St. Paul, Minnesota 55101

James D. LaPierre,
Regional Director
Federal Deposit
Insurance Corporation
1100 Walnut Street
Suite 2100

Kansas City, Missouri 64106
Written objections and comments to the Minnesota Commissioner of Commerce must be received within fifteen (15) calendar days after the publication date in East Grand Forks, pursuant to Minn. Stat. § 47.54. An administrative hearing in accordance with the provisions of the Administrative Procedure Act, Minnesota Statute, Chapter 14, may be ordered at the discretion of the Commissioner to hear testimony and to take evidence in favor of or against the application. In addition, the nonconfidential part of the application is available for review at the Minnesota Department of Commerce in St. Paul. For an appointment for public review or for information on copies and related charges, please telephone (651) 539-1714 during normal business hours of 8:00 a.m. to 4:00 p.m.

Any person wishing to comment on this application may file his or her comments in writing with the Regional Director of the Federal Deposit Insurance Corporation at its regional office located at 1100 Walnut Street, Suite 2100, Kansas City, Missouri 64106 not later than February 7, 2019. The non-confidential portion of the application is on file in the regional office and is available for public inspection during regular business hours. Photocopies of the non-confidential portion of the application file will be made available upon request.

Ultima Bank Minnesota
9 West Minnesota Avenue
Winger, Minnesota 56592
Polk County
Minnesota Bank Charter 514
FDIC Certificate No. 8867 144C



Win-E-Mac hosted a Robotics Tournament on Friday, January 4th. There were many schools, including Fossston "The Single Pringles", (team on left) that were part of the day of competition. On the right is the Win-E-Mac team, "Chappies".



The Win-E-Mac Junior High team, Musketeers, during the Robotics Tournament held at the school, Friday, January 4th.

Boost your immune system and fight colds with probiotics

By Jean Larson, licensed and registered dietitian at Es-sentia Health.

Did you know about 70 percent of your immune system resides in your gut?

Probiotics are beneficial bacteria that live in our digestive tract and help digest food, synthesize vitamins and support our immune systems. Eating more foods packed with probiotics during cold and flu season may lessen the impact of the common cold.

According to a systematic review from the British Journal of Nutrition, certain probiotics strains, Lactobacillus and Bifidobacterium, were found to lessen the duration of respiratory infections in adults and children.

To maintain a healthy digestive tract and immune system, it's helpful to consume probiotic-rich foods or even take supplements. These foods contain live bacteria cultures or have been fermented with benign bacteria.

Fermentation has been used throughout history as a way to preserve food. But don't confuse fermentation with pickling. Both are forms of food preservation, but pickled food won't provide the probiotic benefits.

Fermentation occurs when bacteria convert carbohydrates and sugars in whole food items (like vegetables or milk) to an acid that helps preserve the food.

To get the maximum benefits from fermented foods, read product labels and choose only those that contain "active, live cultures." Raw and unpasteurized is best unless you have a compromised immune system.

Probiotic foods are easy to come by in supermarkets these days. You'll find them in the produce section.

Select foods that have been refrigerated and say they have live cultures or have not been pasteurized since the heat of pasteurization kills the good bacteria. It's also simple and inexpensive to make probiotic foods at home.

Sources of probiotics include:

- Fermented vegetables: sauerkraut, kimchi, pickles, beets, carrots
- Fermented fruits: chutneys, jams, green papaya, pick-



led jackfruit

- Yogurt, kefir, sour cream, buttermilk with live and active cultures (pick plain and no added sugar)
- Kombucha, a fermented beverage

- Fermented condiments: homemade ketchup, relishes, salsas and pickled ginger
- Water kefir, coconut milk kefir
- Homemade coconut milk or cashew yogurt

- Beet kvass, a fermented beet juice
- Natto, miso, tempeh and tamari sauce

My patients often ask how they can incorporate more probiotics into their meals. Here's what I often suggest:

Breakfast

- Scramble eggs with fermented salsa or top with fermented hot sauce or kimchi.
- Swap juice for a glass of beet kvass.

Lunch or dinner

- Add fermented pickles to tuna, salmon, egg or chicken salad.
- Serve your salad with a side of kraut, fermented beets or fermented chutney.

- Top tacos with fermented jalapeno slices.
- Snacks

- Combine kefir with frozen berries.
- Cut up veggies and serve with a kefir dill dip.

- Enjoy a glass of kombucha.

Here's a recipe for a kraut packed with probiotics. It's adapted from "Wild Fermentation."

Green Cabbage, Carrot and Ginger Kraut
1 head green cabbage
2 tablespoons grated ginger, or more to taste
10-ounce bag organic shredded carrots

- 1 tablespoon sea salt

Wash two 1-quart wide-mouthed mason jars with soap and very hot water or sterilize the jars with hot water.

Remove outer leaves of the cabbage and scrub the outside

of the cabbage. Chop or shred cabbage into fine ribbons (the finer the chop, the more juices that will be released). Combine with shredded carrots and grated ginger.

Salt the vegetables lightly. Squeeze the salted vegetables with your hands until the cabbage is soft and has released a pool of juice at the bottom of the bowl. (You may choose to divide the shredded vegetables into two batches).

Pack the vegetables into your prepared mason jars. Press them down with force so that air pockets are expelled and the juice rises over the vegetables.

Place one of the outer cabbage leaves over the top of the packed vegetables, fold the leaf, and press down, submerging it fully under the liquid to prevent loose pieces from floating to the surface.

Screw the top on to each jar. Each day, release the pressure caused by the gas from fermentation by loosening the jar lids to "burp" the kraut.

Allow the kraut to ferment three days to three weeks, tasting along the way. Flavor and texture will change, becoming more acidic and softer with longer fermenting times. If you'd like to slow fermentation, move to the refrigerator and enjoy within a few months.

Donors...

Continued from page 1 ...

lect blood are slightly larger than those used for immunizations at the doctor's office, the needles have silicone on them to make the process of donating more comfortable for donors.

Donation duration

Donating blood does not take a long time. It may take between 15 and 20 minutes for donation center workers to extract blood.

Donating plasma or platelets may require more time. Allocate at least an hour to undergo the medical exam and to rest after the donation.

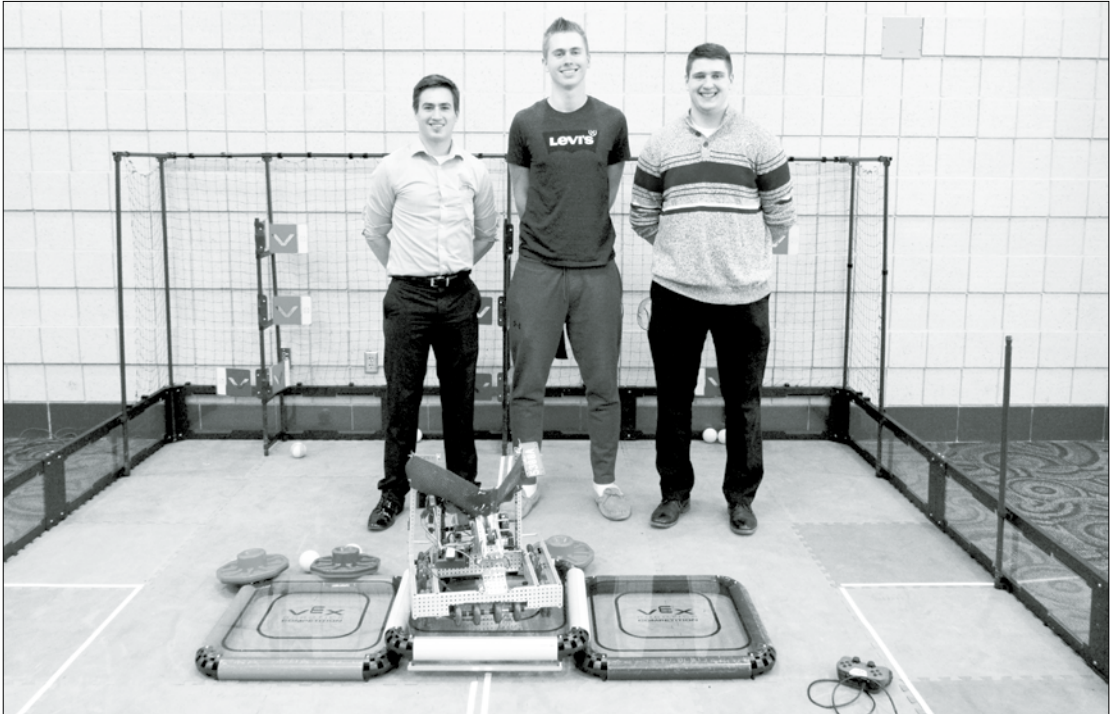
Post-donation

Donors are urged to rest for a few minutes after the donating and to enjoy the snacks and beverages being offered.

The Red Cross says people should avoid performing any heavy lifting or vigorous exer-



The WEM all girl team of "Robot it up!" during the Tournament held at Win-E-Mac school.

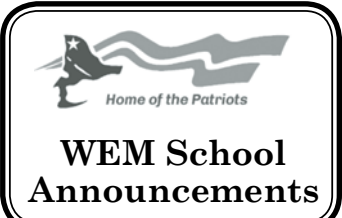


The Win-E-Mac Senior Class team of Mason Spry, Brekken Lindberg and Joey Revier in the practice pit during the Robotics Tournament hosted by Win-E-Mac School on Friday, January 4th.

cise for the rest of the day after donating.

It's also advisable to drink an extra four glasses of liquids and avoid alcohol during the day following a donation.

Donating blood can save lives and reassure donors that they're doing their part to help others.



University of Minnesota Crookston Athletics department will be hosting an "Elementary School Day" where kids in grades K-6 as well as their families will get in for free to watch our doubleheader on February 16th against the University of Mary.

The games start times are 3:30 P.M. for the women and the men will tip-off at 5:30 P.M. We will be sending out tickets in February for the free entry into our game.

We will also be promoting this game through our social media page and our website! We hope to see as many kids there as possible!

Prom is May 4th! Complete sign-up by April 15, 2019 ~ all prom attendees and their guests must sign-up and pay attendance fee ahead of time. Win-E-Mac seniors/juniors are invited to attend the prom with

a guest who is a sophomore or older in school or out of school but no older than 20 years of age.

Each individual attendee's \$15 cover fee needs to accompany sign-up.

Fee is to offset costs (food and beverages included). All prom grand march attendees are expected to wear formal attire.

Sign-up sheets available in Mrs. Winter's room.



All Win-E-Mac ECFE events will be located at the Win-E-Mac Preschool room from 6-7 p.m.

Tuesday, January 22- Mix and make colors as we learn about how to make secondary colors.

Monday, January 28 - Brrr it's cold outside! Come learn about snowflakes